

KixCare TIPS

How Do I Know If My Child Has The Flu, Common Cold, Allergies, Or COVID-19?



The flu, common cold, allergies and COVID-19 all share similar signs and symptoms that may make it hard to distinguish one from the other.

These symptoms include sore throat, coughing, sneezing, headaches and a runny or stuffy nose.

- 1 **Fatigue and weakness are commonly seen in COVID-19 and the flu**, as well as, fever in both and in the common cold. One difference between allergies and the others is that a fever is not a symptom of allergies.
- 2 To determine whether your child has COVID-19 versus the flu or common cold is to **take a COVID test**. If the test is negative, your child may have the flu or common cold. Both symptoms last about a week.
- 3 **If in hospital, a lab test can be taken to rule out the flu versus common cold.**
- 4 **The flu vaccine can be taken to prevent getting the flu.** The COVID-19 vaccine can be taken to reduce the severity of symptoms from a COVID-19 infection.

Cut here for a colouring sheet for your little one

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